

## EDITORIALS

as well as inorganic, iodine can produce the Wolff-Chaikoff effect after metabolic deiodination. Unfortunately, the possibility that their patient may have had chronic lymphocytic thyroiditis or some other non-iodide-related form of goitrous hypothyroidism is not excluded with certainty. The plasma inorganic iodide level obtained at a time when the patient was still being treated with iodine packing (although measured after storage for several months) was only three times greater than normal. The prompt regression of the patient's goiter with thyroxine therapy and the absence of antithyroglobulin and antithyroid microsomal antibodies do not exclude a diagnosis of

chronic lymphocytic thyroiditis, contrary to the suggestion of the authors. Hypothyroidism from chronic thyroiditis is not always permanent and a spontaneous return to euthyroidism or even progression to thyrotoxicosis has occasionally been reported. More convincing validation would have been to show that readministration of high doses of iodide (either orally or topically) would produce a long-lasting block in thyroid hormone formation, but such confirmation would not be obtained easily.

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## Natural Salicylate Foods

I DO THINK that we have underestimated the use of various kinds of foods for specific things. There are an awful lot of people who take large amounts of aspirin . . . much to the distress of their stomach linings. There are a whole host of [high-content] salicylate foods, and among these are potatoes, most of the fruits, apricots, almonds. . . . By utilizing some of these, one can reduce the need for exogenous medications. If you take four almonds, it will have enough salicylate for one 5-gram aspirin tablet. There are some of these nutritional applications that we have not utilized.

—IVAN E. DANHOF, MD, Dallas

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